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for event info & links

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for WELCOA Bulletins

Runs
Walks

Ann Arbor, Brighton

- Vegetarian Wonders - Mar 5th
- Marvelous Meats - Mar 8th
- Gone Fishin' with Kathy & Lizzie - Mar 14th
- Tai Chi - Mar 16th
- Vegetarian Meals - Mar 21st
- Ways to Deal with Emotions & Food - Mar 24th
- Splendid Salads - Mar 28th
- Increasing Bone Density - Mar 29th
- Healthy Hearts Yoga, Overcoming Anxiety & Depression, Runner's Clinic & other healthy lifestyle education classes

Bay City, Flint

- Healthwise University community ed classes
- Save April & May Dates

Cadillac

- Get Moving Cadillac

Coldwater

- Free Blood Pressure and Glucose Screenings - 1st Weds
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Detroit Area

- "Aim Hi" & "Promoting Healthy Eating..."
- Creating A Healthier Macomb
- Get Up, Get Out!
- Free community health, wellness & fitness classes

Farmington Hills

- Botsford Health Care Continuum programs

Greenville

- Living a Healthy Life with Chronic Illness - Mar 7th

Grand Rapids

- Year-round Walking Program
- Year-round Cardiovascular Screening

Grayling

- Diabetes Glucose & Blood Pressure Screening
- Heart Health, Fitness, Nutrition Education Programs

Holland

- Center for Good Health

Kentwood

Kalamazoo

- Diabetes Day - Mar 10th

Lansing

- Colorectal Cancer Awareness - Mar 5th
- Colorectal Screening - March & April
- Fitness Opportunities, Yoga
- Periph. Vascular Disease Screening - Mar 16th
- Arthritis Aquatics, Blood Pressure Screening
- Community Partners Winter WarmUp
- Diabetes Education, Healthy Heart Exam
- Stress Management Series - Mons & Tues

Marquette

- Health and wellness information

MidMichigan

- Health Education Classes & Screenings

Owosso

- Classes, Health Screenings, Support Groups

Petoskey

- Diabetes & Stroke Support Groups
- Foot & Nail Clinic
- Medical Weight Management Program

Rochester

- Health Education Programs

Roscommon

- Activities & Fitness Center

Sheridan

- Diabetes Support Group - Mar 7th

Traverse City

- Nutrition: Latest Information - Mar 7th
- Diabetes Support Group - Mar 14th
- Nutrition: Food Ideas - Mar 21st
- Healthy lifestyle programs

U.P.

- Get Moving UP
- Fitness Connection

Wyoming

- Personal Action Toward Health - thru Mar 30th

Ann Arbor & Ypsilanti

Ypsilanti/Women's Health Center

Vegetarian Wonders

Monday, March 5th, 5:30 pm - 7:00 pm

Interested in trying some meatless meals, but don't know how to get started? Learn quick and simple ways to incorporate grains, legumes and other meatless entrees into your diet. Make (and Eat!) Rigatoni with Roasted Asparagus, Curried Chickpeas and Kale, Sweet Potato Enchiladas, Black Bean Burritos, Garlic Piperade Soup, Bulgur Pilaf with Soychicken. Cost: \$30.00 (non-refundable and non-transferable) Contact: 734-712-5800
Additional dates & times for this event:
May 21, 2007, 5:30 PM (Monday)
October 15, 2007, 5:30 PM (Monday)
<http://www.sjmercyhealth.org>

MFit Healthy Cooking Classes

Gone Fishin' with Kathy & Lizzie

Mar 14th - 6-8 p.m.

Research suggests that omega-3 fatty acids in seafood may help combat many diseases, "from heart attacks and strokes to depression, Alzheimer's disease, and rheumatoid arthritis". Get hooked on fish with these "fabulous recipes": Spicy Skillet-Steamed Littleneck Clams, Fabulous Fish Tacos with all the Fixin's, Pan-Seared Fish Fillets with Lemon, Olives, & Herbs, Miso Glazed Salmon, Arctic Char with Chipotle Chile Marinade, Raspberry-Mango Sundaes

Vegetarian Meals

Mar 21st - 6-8 p.m.

With guest chefs Susan Bellinson & Maggie Roltsch. "Fresh organic vegetables, wholesome whole grains, sweet fruits and lovely, protein-rich legumes will be feature ingredients" in "exciting and delicious vegetarian recipes from Whole Foods"

Splendid Salads

Mar 28th - 6-8 p.m.

"As the days grow longer and get warmer... beat the heat... with these simple and scrumptious salads": Chopped Greek, Smoked Turkey & Wheat Berry, Mixed Garden Vegetable, Grilled Salmon Nicoise. . . plus Upside-Down Apple Cake

Cost: \$30 (\$50 for 2) Contact: 734-975-3024

Preregistration is required

www.med.umich.edu/mfit/nutrition

Ypsilanti/Women's Health Center

Marvelous Meats

March 8th, 5:30 pm - 7:00 pm

Learn healthy and nutritious ways to include meats in your diet. Make and eat Roasted pork tenderloin with Michigan Dried Cherry Sauce, Chicken & Black Bean Quesadillas, Baked-extra tender, extra lean Meatballs, Mushroom Stroganoff Sauce Cooking. Cost: \$30.00
Contact: 734-712-5800 "Cooking class fees are non-refundable and non-transferable". Additional date & time for this event: June 7, 2007, 5:30 PM

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2333>

Ypsilanti/Women's Health Center

Tai Chi

March 16th - April 27th

Fridays, 12:05 pm - 12:55 pm

7 weeks Duration

Learn the Wu style of slow, controlled movements to relax and strengthen the mind and body. Helps manage stress and blood pressure, builds stamina, and increases range of motion. Cost/Fee: \$70.00

Contact: 734-712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2925>

Ypsilanti/Women's Health Center

Food & Stress:

Ways to Deal with Emotions & Food

Saturday, March 24, 2007

1:00 pm

It is not uncommon for people to eat in order to relieve emotional stress. If emotional eating gets out of control, it can sabotage your best efforts to manage your weight. Learn to identify the many forms emotional eating can take, and how you let your emotions work FOR you rather than against you.

Instructor: Rochelle Kostant, MSW

Cost: \$30.00

Contact: 734-712-5800

"Cooking class fees are non-refundable and non-transferable"

www.sjmercyhealth.org

Ann Arbor & Ypsilanti

Ypsilanti/Women's Health Center

Increasing Bone Density

(A strength training program)

March 29, 2007, 1:00 PM (Thursday)

Next: April 24, 2007, 2:00 PM (Tuesday)

\$35

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2927>

St. Jo Mercy Health System



Healthy Hearts Yoga

6 weeks duration

Tuesdays, 5:30 pm - 6:45 pm
(on-going)

Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. FREE first-trial class! Begin at any time. Contact: 734-712-3546

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056>

St. Jo Mercy Health System

Runner's Clinic

Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti
Wednesdays, 5:00 pm (on-going)

This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

Contact: 734-434-3020

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465>

Ann Arbor/Behavioral Services

Overcoming Anxiety & Depression

Mondays, 6:00 pm - 7:30 pm (on-going)

A therapy and education support group for people with anxiety, depression or both. Fee involved (may be a covered benefit; check with your insurance carrier).

Contact: 734-786-8009

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1212>

Healthy Lifestyle Education Classes

For additional information, please call

(734) 712-3583

Michigan Heart and Vascular Institute

www.sjmercyhealth.org/

[More classes](#)

[map/locations](#)

Bay City, Flint, Mt Pleasant Owosso, Sheridan

Friday, April 27th

Michigan Organization
of Diabetes Educators

2007 Spring Conference

DIABETES: RESEARCH TO REALITY

A PATIENT FOCUSED APPROACH

Sponsor: MODE

Location: Holiday Inn Gateway Centre - Flint

For More Information: SAVE THE DATE

Watch for detailed information soon!!

[http://www.diabetesinmichigan.org/Eventdisp.asp?](http://www.diabetesinmichigan.org/Eventdisp.asp?Don=ECDON&EType=1)

Don=ECDON&EType=1

SAVE THESE DATES!

Sunday, May 6th

Time: 11:00 AM -

FLINT KIDNEY WALK

Lace up your shoes for the next FLINT KIDNEY WALK.....money raised through the walks supports NKFM programs and services in YOUR community. Check out our new website @ www.firstgivings.com/nkfm and the exciting techniques guaranteed to help you be successful in your fundraising goals.

Location: Pierson Road YMCA

Cost: No cost to attend and participate in the walk and fun activities of the day.

[http://www.diabetesinmichigan.org/Eventdisp.asp?](http://www.diabetesinmichigan.org/Eventdisp.asp?Don=ECDON&EType=1)

Don=ECDON&EType=1

For More Information contact: Kathy Streng
810-232-0522 kstreng@nkfm.org

Bay City & Flint

McLaren Regional Medical Center

Bay City Employees:

Call (989) 894-3936

for class info

Flint Employees:

Call (810) 342-5353

for class info

Healthwise University

Community Education

<http://www.irmc.org/body.cfm?id=7&action=detail&ref=41>

Mt. Pleasant

MidMichigan Health Park

4851 East Pickard St

Check for Aquatic Exercise &

Pilates Exercise Classes

<http://www.midmichigan.org/>

MidMichigan

Health Line

1 (800) 999-3199

www.midmichigan.org

MidMichigan

Health Education

Classes

Owosso

FREE lectures, support
groups, wellness events, PACE
exercise, health screenings

Memorial Healthcare

(Check event info for locations)

www.memorialhealthcare.org

<http://www.memorialhealthcare.org/calendar/calendar.asp>



Sheridan

Diabetes Support Group

Wednesday, March 7th

(First Wednesday of every month)

1:30-2:30 pm

Bring along a family member or friend.

For more information, email Kim Christensen

at kimc@sheridanhospital.com

or call 989-291-3261, ext. 240

<http://www.sheridanhospital.com/>

Hurley Health & Fitness Center

Check for fitness opportunities

Detroit Area

"AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center,
Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-12:30PM, 3360 Charlevoix, Detroit, MI 48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center,
Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207 or 313-592-4838, or call SouthEast Michigan Diabetes Outreach Network at 313-965-2351
<http://www.diabetesinmichigan.org/eventdisp.asp?>



Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly.

Cost: N/A

For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444. For information on the Physical Activity events, call REACH Detroit Partnership at (313) 874-7131, or see brochure.

<http://www.diabetesinmichigan.org/brochure/PHED.pdf>

Botsford Health Care Continuum Community Health-related Programs

Blood Pressure Screening Free

2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings Fee required

Call (248) 477-6100 for information

Walking Clubs

Livonia Mall & Northland Mall
Call (877) 442-7900 for information

Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100

Detroit continued



Rehabilitation Institute of Michigan

Detroit Medical Center/Wayne State University

Free Health, Wellness & Fitness Classes

Fitness Calendar

To Register Call: (313) 745-9748

Search for other Detroit Area Health Care & Fitness Links

<http://www.detroit11.com/health.htm>

Detroit YWCA Northwest Branch

Rochester

Crittenton Hospital Medical Center

offers health education programs and services,

<http://www.crittenton.com>

Community Health & Education Department

(248) 652-5269 from 8 a.m. to 4:30 p.m.,

Monday through Friday

Washtenaw County Trails

<http://www.ewashtenaw.org>

Community Health Programs

<http://www.stjohn.org/communityhealth/Default.aspx>

Get Up, Get Out!

Learn about exciting things you and your family can do outdoors.

<http://www.detroitpublictv.org/gugo/index.shtml>

Walking Works

Creating A Healthier

Macomb County

www.chmonline.org

Coldwater, Grand Rapids, Greenville, Holland, Kalamazoo

Coldwater

Grocery Shopping Tours

Mondays - Ongoing

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to. No Charge! Sponsor: Southern Michigan Diabetes Outreach Network (SODON)
Location: Varies. Call SODON at 517-279-2267 or 800-795-7800 for a location near you.

diabetesinmichigan.org

Coldwater

Wednesdays

Ongoing

Free blood pressure
and blood sugar screening.



Held the first Wednesday of every month,

Sponsor: Burnside Senior Center

Location: Burnside Senior Center,
Coldwater, MI

diabetesinmichigan.org

Grand Rapids

YEAR-ROUND EVENT

Cardiovascular Screening

Provided by healthcare professionals including cholesterol, blood pressure, hemoglobin, urine tests, and cancer prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E., Grand Rapids

Cost: Free to seniors 60+ years

For More Info: Call (616) 454-7900

diabetesinmichigan.org

Grand Rapids

Year Round Walking Program

Mondays & Thursdays

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary
1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

diabetesinmichigan.org



Partners in Path

(Personal Action Toward Health)

Wednesday, March 21st

9 a.m. - 11:30 a.m.

**Kent County Health Department
700 Fuller NE, Grand Rapids, MI**

A 6-week Chronic Disease Management Class

This course teaches you to help manage your chronic disease or that of a loved one. Also learn overall management of chronic health conditions, relaxation/cognitive symptom management, feedback/problem solving, and anger/fear/frustration.

Learn more on communication, medications, making treatment decisions, depression, coping skills, informing your healthcare team, working with your healthcare provider, and durable power of attorney health care concerns for the future. Classes go from March 21 - April 25, 2007

Sponsor: Kent County Health Department

Cost: No charge. Register early because of limited space.

For More Information: Call Julie at: 616/632-7282

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=TENDON&EType=1>

Partners in Path

(Personal Action Toward Health)

February 19 thru March 26, 2007

12 - 2:30 p.m.

**Breton Meadow, 4740 Breton Rd.,
Kentwood, MI 49508**

A 6-week Chronic Disease Management Class

Sponsor: Senior Neighbors. Cost: No charge.

For More Information: Call Sandy at: 616/233-0283

Partners in Path

February 23 - March 30, 2007

1:30 p.m. - 3:00 p.m.

**Westwood Apartments, 2450 36th St.
Wyoming, MI 49509**

A 6 week Chronic Disease Management Class

Sponsor: Senior Neighbors. Cost: No charge.

For More Information: Call Sandy at: 616/233-0283

www.diabetesinmichigan.org

Tobacco Free Partners Classes

<http://www.tobaccofreepartners.org/classes.php>

Greenville, Holland, Kalamazoo

Montcalm County

6-Week Health Initiative Class for Living a Healthy Life with Chronic Illness

Wednesday, 3/7/2007

1 p.m. - 3:30 p.m.

715 S. Baldwin, Greenville, MI

This course is designed to help people with chronic illnesses learn a healthy way to live with their disabilities. For people 60 and over! The goal is to learn how to achieve the greatest possible physical capabilities and pleasure from life. There is no cost but participants must be 60 years or older and must be from Montcalm County. Snacks and breaks offered. You will receive a 10.00 gift card to the grocery store of your choice if you enroll and attend all 6 sessions.

Sponsor: Greenville Area Senior Center

Cost: No charge. **The deadline to register is: March 1.**

Call Sandy or Diane today at: 989-831-7476 or for residents in Greenville, call: 225-7476.

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=TENDON&EType=1>

Diabetes Day Saturday, March 10th

8:00am - 2:00pm

Bronson's Gilmore Center for Health Education

601 John St. Kalamazoo, MI 49007

Diabetes Day is an annual conference held for people with diabetes, their families and friends. Sponsor: Bronson Methodist Hospital, Borgess Medical Center, and Kalamazoo Chapter of the American Diabetes Association

Cost: \$10.00 per person

For More Information: To receive a brochure with schedule of events and registration form, please call (269) 341-8585. **Registration deadline is Friday, March 2.** Early registration is encouraged as space is limited. Registration fee includes lunch and break snacks. Please call (269)341-8585 to register.

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=SODON&EType=1>

Holland Hospital Center for Good Health

To contact the Center for Good Health:

E-mail: CFGH@hoho.org

Call: (616) 394-3344

Mail: The Center for Good Health
3290 North Wellness Drive
Building D, Suite 240
Holland, MI 49424

Check the
Center for Good Health Catalog
for runs, walks, healthy cooking,
stress management, and other
wellness-related classes.
www.hollandhospital.org

<http://www.hollandhospital.org/our%20services/center%20for%20good%20health/Default.asp>

Lansing Area

Colorectal Cancer Awareness Information Session Monday, March 5th 7 - 8:30 p.m.

presented by Barbara Conley, M.D.
New Dawe Auditorium
2720 S. Washington Ave.
FREE. Preregistration necessary

Peripheral Vascular Disease Screening Friday, March 16th 7 a.m - 12:00 p.m.

Great Lakes Vascular Institute
Ingham Medical Center Greenlawn Campus
Preregistration required
\$60 fee

FREE Colorectal Cancer Screening March thru April 2007 Have a free testing kit sent to your home.

**Mail the kit back by April 30th
for a free analysis.**

Eligibility Criteria:

- Over age 50
- Over age 40 with higher risk due to:
 - Family history of colorectal cancer
 - Prior diagnosis of endometrial, ovarian or breast cancer
 - Personal or family history of polyps, ulcerative colitis, familial polyposis or inflammatory bowel disease
- Adults with no personal history of colorectal cancer

Healthwise University On-going or Periodic Community Health Education

Asthma Education	517 367-5177
Diabetes Education	517 374-4911
Heart Failure Support Group	517 367-5555
Int. Cardiac Defib. Support	517 483-7554
Smoking Cessation	517367-5177
Weight Management	517 377-8633
	517 377-8699
Worksite Wellness	517 334-2650

WomenHeart
www.womenheart.org

Ingham Regional Medical Center
www.irmc.org



Lansing Area

Community Partners in Health

2007 Winter Warm-Up!

10-Week Walking Program

Saturday, January 13, 2007

through March 17, 2007

9:00 to 10:00 am at the Lansing Mall

Questions can be directed to Alicia Armstrong
at Playmakers, 349-0887, alicia@playmakers.com
or Karen Smith @ 367-5439

SEE Next Page for schedule

To register, go to
www.cphlansing.com/

As You Are Yoga studio 111 East Allegan Street

downtown Lansing

As You Are Yoga studio offers yoga classes (for beginners and beyond), workshops, teacher's training programs and belly dance classes. We have classes of all intensities: gentle, moderate and high. Yoga and Belly dance build strength, stamina, flexibility and balance - and can be somewhat aerobic (depending on the class).

www.asyouareyoga.com

Pacers Walking Club Lansing Mall

Monday through Sunday, doors open at 7am

For information on club benefits, stop by the
Pacers Information Station located near the Mall
Administration Office just off the Food Court or
call 517.364.8146. Pacers is sponsored by
Sparrow Health System, the Lansing Mall
and Delta Township. FREE

Walkabout Club Meridian Mall

Monday through Saturday doors open at 7am
(8am on Sunday's).

Stop by the Customer Service desk to register.
The Walkabout Club is sponsored by Sparrow
Health System, the Meridian Mall, MSU Evening
College and the Arthritis Foundation. FREE



Sparrow

Stress Management Series

Mondays & Tuesdays

St. Lawrence Campus

Check calendar for times

<http://www.sparrow.org/commhealth/commhealth-calendar/upcoming.asp>

Healthy Heart Exam

Every Tuesday

\$39/person

www.sparrow.org

Blood Pressure Screening

Every Weds 8am - 9:30am

Lansing Mall Food Court

1st & 3rd Weds of monthly 8am - 9:30am

Meridian Mall Food Court

Sparrow Diabetes Center

Diabetes Education Outpatient Classes

Sparrow Professional Building,

Suite 340, 1200 E. Michigan Ave., Lansing.

For more info on classes & cost, call 517.364.5955.

Sparrow Community Health Education and Fitness Programs

March 2007 Calendar

2007 Winter Warm Up Calendar of Events

Jan. 13, 2007, 9:00 am - 11:00 am: Winter Warm-Up Kick Off with Mayor. "Know Your Numbers" - Sparrow Health System

Jan. 20, 2007, 9:00 am - 10:00 am: "Footwear & Apparel Clinic" - Playmakers

Jan. 27, 2007, 9:00 am - 10:00 am: "Foods for Life" - Ingham Regional Medical Center

Feb. 3, 2007, 9:00 am - 10:00 am: "Heart-Healthy Living" - American Heart Association

Feb. 10, 2007, 9:00 am - 10:00 am: "Healthy Kids" - Blue Cross Blue Shield of Michigan and Blue Care Network of Michigan

Feb. 17, 2007, 9:00 am - 10:00 am: "Bones, Joints, and Ligaments" - YMCA of Lansing

Feb. 24, 2007, 9:00 am - 10:00 am: "All About Diabetes"- American Diabetes Association

March 3, 2007, 9:00am - 10:00 am:

"Your Medications and You"- MSU Health4U Program

- Blood Pressure Check by Lansing Community College Student Nurses
- Virtual Walk- East Lansing Parks and Recreation

March 10, 2007, 9:00 am - 10:00 am:

"Ways to Keep Moving" - Capital Area District Library

and UAW Local 602 GM Lansing Delta Township

- Blood Pressure Check by Lansing Community College Student Nurses
- Virtual Walk - Ingham County Parks

March 17, 2007, 9:00 am - 11:00 am:

Winter Warm-Up Celebration and Prize Drawings with Mayor Bernero

- Blood Pressure Check by Lansing Community College Student Nurses
- Virtual Walk - Michigan Trails and Greenways Alliance

3 Grand Prizes

(Participants must sign-in for 8 of the 10 Saturday walks between Jan. 13 & March 17, 2007 to be eligible for grand prizes):

\$250 Lansing Mall Gift Basket, 3 month MAC Membership,

3 month YMCA membership.

Many other prizes will be awarded.

All of the above events will be in the Center Court at the Lansing Mall

www.cphlansing.com/

Lansing Area continued

Court One Athletic Club Programs

Healthwise University Community Education by Ingham Med Center

Women's Wellness Retreat

March 3, 2007

7:30 am - 4:30 pm

MSU Union

Kelly King - (517)332-8657 ext19

Cost: Jan. 16-Feb. 23: \$65 for YMCA members
\$85 for non-members

The retreat will offer:

- Bone density, stroke, eye, sleep and fitness screenings and education
- Free massage and manicures
- Breakfast and lunch
- Fashion show, raffle, shopping at exhibitor booths
- Breakout sessions on nutrition, skin and hair care and more

Come dressed comfortably and ready to workout. The Women's Wellness Retreat is an annual fundraiser, with proceeds used to help less fortunate women in the community access programs that build a healthy mind, body and spirit. A portion of your entry fee is tax-deductible. Parking is free at parking meters and MSU parking lots.

Sponsors include Healthwise University, Ameriprise Financial and Aldinger, Inc., which donated paper and printing for brochures and program handouts

Healthwise University Community Education Calendar

Community Screenings and Educational Programs include: Peripheral Vascular Screening for High Risk Adults Prostate Cancer Screening

www.irmc.org
1 877 224 4325
334-2877

Email: healthwise@irmc.org

Lansing Community College Arthritis Aquatics

Arthritis Aquatics is a class that will give the student exercises for range of motion in a comfortable 90° pool.
tri-fold brochure

Other fitness courses offered:

- Cardiac Rehabilitation
- Adult Lifestyle Exercise
- Fit for Life Exercise

Call (517) 483- 1227 for more details

LCC Physical Fitness/Aquatics
course description



Delta Waverly Aquatics Waverly East Intermediate School Pool 3131 W. Michigan Avenue Lansing, Michigan

Pool temp is warm to accommodate those with arthritis. Shower rooms and lockers are available.

<http://www.deltami.gov/parks/Aquatics/index.htm>

Lansing Parks & Recreation

Activity Guide

City of Lansing Upcoming Events

<http://parks.cityoflansingmi.com/calevents.asp>

Healthwise University Weight Management/Diabetes Center Diabetic Education Center just off lobby of the Pennsylvania Campus

Living With Diabetes

2nd Tues each month - 8:30am - 5pm
1st Tues, Weds, Thurs each month - 9am - 12noon
3rd Tues, Weds, Thurs each month - 6pm - 9pm
registration: 1 877-224-4325 or (517) 374-4911

<http://www.irmc.org/body.cfm?id=668>

Upper Michigan

Let's Get Moving Cadillac

Register anytime

Learn 100 ways to stay active

<http://www.cadillacmichigan.com/letsgetmoving/>

Petoskey

Medical Weight Management Program

at a variety of dates and times

Burns Professional Building, Ground Floor

Fee: Free Introductory Sessions

Is weight affecting your health? If you're serious about losing weight, don't wait. The program is

medically supervised by the Northern Michigan Hospital Diabetes and Nutritional Counseling Center.

Contact : HealthAccess at 1.800.248.6777

or 1-800-847-3665

<http://www.northernhealth.org/main.phtml?catid=8>

Diabetes Ongoing Learning Group

Second Monday of each month, 7:00 pm

Dean C. Burns Community Health Education Center

360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

Stroke Support Group

1st and 3rd Tuesday of the month

1:00 - 2:00 pm

Northern Michigan Hospital

Second floor Acute Rehab Conference Rm

A support program for patients and families.

Contact: HealthAccess @ 1-800-248-6777

Northern Michigan
Wellness Classes & Events



Grayling

Nutrition Education

Mondays-Fridays

Call for times

Meet with registered dietician to discuss nutrition needs and health eating.

To schedule an appointment call 348-0380.

Preregistration: Required

Contact: Mercy Hospital Grayling - Nutrition

Phone: (989) 348-0380

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001620>

Diabetes Glucose & Blood Pressure Screening

Ongoing - No Cost!

Check blood sugar & blood pressure.

Sponsor: Mercy Hospital Grayling

Location: Call Grayling Mercy Hospital at

989-348-0455 for dates and times

For More Information: Contact Rhonda Haske, RN, BSN, CDE at phone: 989-348-0455

fax: 989-348-0479 or e-mail: hasker@trinity-health.org

Heart Health & Fitness Program

Mondays, Wednesdays, Thursdays

(Call for times)

Designed for those who need help starting a regular exercise routine, and who have two or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, inactivity, overweight, smoking, or stress.

Involves exercise sessions, education about safe guidelines for long-term home exercise, diet modification, and lifestyle behavior management.

Fees: \$5.50/session Preregistration: Required

Contact: (989) 348-0371

Mercy Hospital Grayling-Cardiac Rehab Department

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001616>

Upper Michigan continued

Traverse City Healthy Weight Class

Tuesday, 3/6/2007

6:00pm - 8:00pm

Munson Community Health Center - Gym

An eight week lifestyle and weight management program to guide you into a regularly active lifestyle combined with smart eating habits. Work with our medical experts, a registered dietician and an exercise specialist, who will help you get on the right track for successful weight loss results.

Fee: \$169

Preregistration: Requested

Munson Medical Center

(231) 935-8217 (phone)

(231) 935-8515 (fax)

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001895>

Traverse City Nutrition: Food Ideas

Wednesday, 3/21/2007

9:00 am - 10:30 am

Munson Community Health Center

Conference Room A

550 Munson Avenue

Traverse City, MI 49684

This class covers healthy cooking techniques for reducing fat, specific foods to look for at the grocery store, planning a menu and organizing your kitchen to prepare heart healthy meals. No Cost. Contact: Mary McManemy, RN (231) 935-8565 (phone) (231) 935-8609 (fax) mmcmanemy@mhc.net

Additional dates for this class: 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001879>

Traverse City Nutrition: Latest Information

Wednesday, 3/7/07

9:00 am - 10:30 am

Munson Community Health Center

Conf Rm A

Class covers the low fat, low sodium diet and its importance in the treatment of cardiovascular disease. It includes a review of the current research and a discussion on how to improve your lipid profile (cholesterol) and blood pressure from a nutritional perspective. Also discussed are complex carbohydrates and what happens when a person trials diets such as Atkins and the South Beach Diet.

Additional dates for this class: 4/4, 5/2, 6/6, 8/1, 9/5, 10/3, 11/7, 12/5

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001876>



Upper Michigan continued

Traverse City
Munson
Diabetes Support Group
3/14/07
1:30 pm - 3:00 pm
(2nd Wednesday every month)
Munson Medical Center - Dining Room 2

For more information:
(231) 935-8200 or (800) 809-8127 (phone)
(231) 935-8215 (fax)
education@mhc.net

Free
Healthy Lifestyle Programs
(231) 935-6449
When: Last Wednesday of the month
Where: Grand Traverse Mall's Community Room

Community
Health Education Calendar
www.MunsonHealthCare.org

Let's Get Moving **Northern Michigan!**

In this program healthcare providers across Northern Michigan team up with local sponsors and local government to encourage adults, children, and families to set personal goals and make activity part of their daily lives.

check below link for info
<http://www.lgmnm.org/site/3526/default.aspx>

Roscommon
Community Recreation,
Activities and Fitness Center
606 Lake Street , Roscommon, MI 48653
Phone: (989) 275-4975
Activities & Classes



Upper Peninsula

Helen Newberry Joy Hospital Diabetes Education

906-293-9286 or 800-743-3093

Classes are offered at Helen Newberry Joy Hospital & Healthcare Center in the Huron (main) Conference Room unless otherwise indicated.

<http://www.hnjh.org/diabeteseduc.html>

Houghton Community Health Center The Fitness Connection

Located on the second floor of the Houghton Community Health Center, The Fitness Connection offers a variety of memberships.

- Certified, friendly staff
- Individualized personal training services
- Fitness testing
- Fitness counseling services
- Massage
- A wide range of aerobic equipment such as Woodway & Cybex treadmills, and Precor elliptical cross trainers. State-of-the-art weight training equipment including Free Motion Fitness Series. For info call: (906) 483-1887

Hours of Operation:

5:30 a.m. to 10 p.m. Monday - Friday

8 a.m. to 6 p.m. Saturday

12 p.m. to 6 p.m. Sunday

www.portagehealth.org

Upper Peninsula Health Care Network

<http://www.uphcn.org/>

Marquette

Marquette General Hospital Health & Wellness Info

<http://www.mgh.org>

Get Moving UP!

For Info, e-mail George Sedlacek

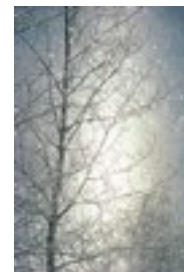
at gsedlacek@hline.org

(906) 475-9312

Negaunee, MI

www.fitup.org

<http://www.fitup.org>



To Read: Click on desired topics

Better Safe

- Avoiding Medication Errors
- Weight Management with Common Sense
- Preparing for Disaster
- Your Plan for a Long, Health Life
- Heart Healthy Holidays
- Laying A Foundation for Longevity
- Understanding Thyroid Disease
- Exercise for Gain, Not Pain
- A Cold vs the Flu
- Who Should Get the Flu Shot?
- Exercise Prescription for Over 45
- Screening for Colon Cancer
- Your Feelings Affecting Work . . .?
- Re-engagement with Life
- Facts on Managing Your Cholesterol
- Atkins Diet Q&A
- Nutrition for a Healthy Long Life
- Are You Living Your Maximum Life?
- Stretching Your Future
- Bending, Not Breaking
- Freckles, What's the Skinny?
- Quit Smoking
- Taking Care of the Unexpected
- Managing the Aches & Pains of Arthritis
- Breast Cancer De-Mystified
- Alzheimers & Other Dementias
- Dealing Effectively with Back Pain
- Five Alive
- Heartache if Heartburn?
- Obesity and Heart Disease
- Is it a Migraine?
- Balance in Life & Work
- The Right Fit
- Walk This Way
- Preventing/Treating Arthritis

Day In & Day Out

- Pole Position - Walking with Poles
- 13 Tips To Conquering Insomnia
- Short Circuit
- Super-Sized in 30 Days
- 'Tis the Season
- Benefits of Brown-Bagging
- Control Your Portions
- Relationships: Your Other Care System
- Cooking Healthy
- Chicken w/Chinese Vegetable Stir Fry
- 7 Signs of A Fad Diet
- Diabetes Prevention
- Spinning & Winning
- Six Biggest Cycling Mistakes
- Stick With It
- Women, Weights, and Core Strength
- Fit For Life
- Depression: More Than the Blues
- Spa Day At Home
- Spa Resources
- Better Golf for Fitness & Fun
- Know Your Risks for Sleep Apnea
- Preparing for Fitness
- Lawn Games
- Tea Time For Your Ticker
- Exercise & Play Go Hand In Hand
- A Healthy Balance
- Bad Diets Start Early
- Savory Citrus Salsa
- Staying Connected
- 5-A-Day Made Easy
- What's Cooking in 2006?
- More Is Less
- The Power of Ten
- Changing Lifestyles/Improve Health
- Surviving Holiday OverIndulgence
- Skinny Sweet Potato Pie

To Your Health

- Tips on Coping with Osteoarthritis
- Men's Medicine: 3 Prevention Priorities
- Family/Friends Can Help the Depressed
- Great American Health Quiz
- Helpful Hints for the Home Gym
- Coming to Terms with Exercise
- For Pain, Apply RICE
- The Promise of PILATES
- Managing Pain
- Walk the Talk
- Walking for the Health of It
- Understanding Depression
- Healthy Snacking for Football Season
- Football Stew
- 10 Tips -Taking Charge of Your Healthcare
- Target Your Heart Rate
- Hearty Facts
- Mediterranean Diet
- Healthiest Burger
- Safe Grilling
- Take a Hike
- Fast Food Fast Facts, Food for Thought
- Men & Women: How We Age
- When Good Foods Don't Feel Good
- The Mystery of the Shrinking Biceps
- Power Packed Foods
- Resting Easy
- Core Strength
- Hormone Replacement Therapy
- Scaling New Heights
- Manage Weight as You Age
- Rules for a Great Workout
- Food Buzz Words
- Many Roads to One Path
- Yuletide Yoga
- Healthy To the Core